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BUSINESS SERVICES

WINDOW WASHING, reasonable rates. Phone 544-2330.

PIANO TUNING by experienced tuner, also plays. Call Jerry Gallagher, 482-4062. Reasonable rates.

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CUSTOM MADE Draperies, 300 colors to choose from. Drapery relining. Wall to wall carpeting. Let the House Doctor bring new life to your home. Shop and call me before you buy. Unbelievable prices. Nune's Home Improvement Service, 328-0100.

ALUMINUM HOUSE Washing, Give new life to your aluminum siding. Protect your investment. Let the House Doctor bring new life into your home. Nune's Home Improvement Service, 328-0100.

ROOFS REPAIRED. Wind damage, leaks, Chimneys repointed, Carpentry, porches repaired, steps. Insured. Free estimates. Cameron Gilbert, 254-7655.

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RUG AND CARPET Cleaning. Residential and Commercial. Free Estimate. 654-8981.

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MERCHANDISE

DUNDEE LIQUOR STORE, 69 Seneca St., Dundee, N.Y. First Liquor Store in town. Choose from our wide selection of imports and standard brands. Open Mon-Thurs, 10-10, Friday, Sat, 9-10:30 p.m. Owned and operated by Frank and Mary Moskal.

LIGHTING FIXTURES — All types. Table Lamps, Swag Lamps. Visit our showrooms. Delta Lighting and Electric Inc. 892 Thurston Rd. Just South of Arnett Blvd. 436-6930.

CRUISER 38' Sport Fisherman, must sell, make offer except trade. 254-9592.

SALE, UNUSUAL shaped upright Bass, New with case. Call 377-5238.

MARON DAVENPORT and Chair Platform Rocker. Good condition. 264-1905.

Swimming Pool. Sacrifices Sale. 16x25' swim area. Redwood type deck. Sand and gravel filter, full price \$799. Package delivery. Call collect Kayak, 716-381-6421.

FOR RENT

MATURE WOMAN Furnished rooms in a six room apt., two bathrooms, modern kitchen, all utilities included, no lease required, on bus line. Call 482-3408.

BUSINESS OPPORTUNITIES

MONEY — CALL Paul Derochie at Nagle Ford, 636-8900. I will pay \$25.00 for any lead that results in a sale!

REAL ESTATE

SUMMER IS here! If you are thinking of selling your home, give us a call. Dependable service for over 50 years. Personal attention to your listing. C. M. Dispenza Realtor, 454-5907 or 255-4130.

AUTOMOTIVE

VOLKSWAGEN — New and Used. Good selection of traded domestics. Doak Motors, Route 5 & 20, Geneva, New York, Area Code 315-789-2200. Open Evenings.

WILLINGS MOBILE Homes. Hillcrest Custom Built to your taste. Branchport, N.Y.

SPECIAL EVENTS

MATCHBOOK COLLECTORS. Forming a Club in Area. White Box 414, North Chili, N.Y. 14514.

PILGRIMAGE TO St. Ann's Shrines and St. Joseph's by bus, July 24-27th, \$50.00. Write or call Mr. Monteleone RT 3-2248, Batavia, N.Y. Will pick up passengers in Rochester.

WANTED

Your scrap is our gold—
Your leftovers—
our main dish—
St. Joseph's House
420 South Avenue
454-4150

HISTORY OF the Catholic Church in the United States by Shea. Life Times John England by Guilday. History of England Lingard H. L. McCadden, Reed Road, Scottsville, N.Y. 389-9565.

ENTERTAINMENT

JOE CIMINO Orchestra, music for parties, weddings, dinners, etc. 865-1260.

"IMPORTANT Notice: The New York State Law Against Discrimination and the Federal Civil Rights Act of 1964 prohibit discrimination in employment because of sex unless based on a bona fide Wanted and Situation Wanted advertisements are arranged in columns captioned "Male" and "Female" for the convenience of readers and are not intended as an unlawful limitation or discrimination based on sex."



Bowling Winners in Holy Name Tournament

Members of the winning team in the 35th annual Diocesan Holy Name Bowling Tournament receive trophies from John McDermott (left), league treasurer. They are Peter Pilittere, captain; Gerry Gillette, Tony J. Mastrodonato, Mike A. Barrile and Dante C. Piccolo. The team, representing the Nova Development Corp., took first prize of \$1,000 with a 3080-pin score.

Keeping Tabs

The annual field Mass at St. Catherine's, Addison, is scheduled for 10:30 Sunday morning, July 19, in the parish cemetery. Father Michael Reagan of Elmira, a native of the parish, will be celebrant and preacher. Afterward, from noon until 4 p.m., chicken barbecue will be served in the church hall.

The Alumni Association of Cardinal Mooney High School will hold a basket picnic Sunday noon, July 12, at Hamlin Beach State Park. For information: Mrs. Thomas Wegman (Patricia Little) 254-9173.

The St. Christopher Social Club held a bon voyage party at Don Robinson's house for members who are going on a Bermuda cruise July 11. The Christophers will get together again at 8 p.m. July 26, at the St. Ann festival at Most Precious Blood Church.

The 13th Seton Branch will meet for lunch Tuesday noon, July 14, at Oak Hill Country Club. Mrs. W. Frank Martin and Mrs. Albert Held are chairmen. Mrs. Donald Brennan of Hampshire Drive will entertain the 12th Seton Branch at luncheon the same day.

R. S. Dunne Named To New RIT Post

Robert S. Dunne, a teacher at McQuaid Jesuit High School, from 1964 to 1968, has just been named assistant registrar at Rochester Institute of Technology.

Deaths

Mr. Rice

A requiem Mass was offered June 30 in St. Augustine's Church for James E. Rice, Sr., who died June 27, 1970, at the age of 94.

Survivors include a daughter, Mrs. Edwin J. Gosnell of Pittsburgh; three grandchildren and three great-grandchildren; two sisters, Mrs. John L. Keenan and Miss Clara Rice, both of Rochester, and several nieces and nephews.

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Wednesday, July 8, 1970

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RIGHT REVEREND EDWARD T. O'MEARA NATIONAL DIRECTOR

The Protein Gap

Steaming hot roast beef—done just the way you like it . . . mashed potatoes . . . gravy . . . golden corn . . . carrots . . . green salad smothered with your favorite dressing . . . chocolate layer cake and coffee.

Delicious? Yes! But even more important, it's nutritious! Most Americans enjoy a nutritious meal at least once a day because we have learned the importance of a balanced diet. We know that to stay healthy, certain foods should be eaten and other foods are to be avoided. We have learned to shun an excess of fats and carbohydrates, while storing up on high protein foods.

But have you heard about "the Protein Gap"? Did you know that almost two-thirds of the world are suffering from malnutrition—lack of protein foods? Did you know that it is possible for a person to look healthy and still be undernourished? Did you know that thousands of the world's poor are literally starving to death, and that millions go to bed hungry every night? Did you know that in some countries because of nutritional deficiencies, as many as 1/2 of the children die before reaching school age?

Lack of protein in one's diet has drastic effects. One's mind becomes dull; reflexes are slower; the susceptibility to disease increases drastically; and one becomes generally apathetic.

This, in turn, can affect the whole economy of a developing nation. There is a vicious circle: lack of food—to feed the people—to work for the country—to better themselves.

America is a rich country. In contrast to most of the developing nations, we produce and consume tons and tons of food each year. Each American eats approximately 211 pounds of meat each year. In India the yearly average is only 4 lbs. of meat per person.

Yet, the great American Sin is not our superabundance of natural and economic resources. Rather, it is the fact that the individual of our society refuses to believe that he can help, that his single contribution can make a difference in the outcome of our world.

You can help! Your single sacrifice can change the world! Your offering can pave the way for missionaries who are trying to feed the body as well as the soul. Your gift can begin to bridge the "protein gap." Your donation can save a life! Please give now!

SEND YOUR SPECIAL SACRIFICE TODAY

SALVATION AND SERVICE are the work of the Society for the Propagation of the Faith. Please cut out this column and send your offering to Right Reverend Edward T. O'Meara, National Director, Dept. C, 366 Fifth Avenue, New York, N.Y. 10001, or directly to your local Diocesan Director, Rev. Joseph F. Reinhart, 50 Chestnut Street, Rochester, New York 14604.

7/11/70

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